

398. Turkish Salad Sauce (Taratur Sauce).

1 tin chopped walnuts	Paprika
$\frac{1}{2}$ clove garlic (optional)	Lemon juice
4 tbsp. sifted, dried, bread crumbs	1—2 tins chicken or meat broth or milk
Salt	

Pass the nuts several times through the mincer or pound in a mortar. If garlic is wanted pound it with the nuts. Add breadcrumbs and mix well. Add the lemon juice, enough broth or milk to make the sauce the consistency of thick cream, and seasonings.

Serve this sauce with cold vegetables. Hazelnuts which have a stronger flavour should be shelled, roasted and then pounded and are delicious served with cooked dried beans.

399. White Sauce (Medium).

$\frac{3}{4}$ tbsp. butter or margarine	$\frac{1}{8}$ tsp. white pepper
2 tbsp. flour	1 tin milk
$\frac{1}{4}$ tsp. salt	

Melt the fat, preferably in a double boiler. Remove from the fire, add the flour and seasonings and blend well. Add the milk little by little, mixing after each addition until smooth. Return to the fire and stir constantly till thick. Cook until there is no taste of raw flour—about ten minutes.

This sauce may be enriched by the addition of an egg. When ready to serve bring to the boil and pour slowly over a well beaten egg, beating constantly while adding the sauce. Serve at once.

400. White Sauce (Thick).

Make as a medium white sauce but use 4 tbsp. fat and 4 tbsp. flour.

This sauce is also called a "panada" and is used to bind the ingredients when making croquettes, or as a foundation for soufflés.

401. White Sauce (Thin).

Make like a medium white sauce but use only 1 tbsp. fat and 1 tbsp. flour.

Puddings

The eating of puddings is a custom much favoured in Britain and America, but in Iraq, as in many other countries, fruit is often offered as an alternative. It follows that the recipes for oriental puddings are few and occidentals rarely enjoy those which are offered, as they find them sweet and insipid. This is because, particularly in the case of milk pudding, salt is practically never added. It has been included in some of the following recipes in order that occidentals who try them may not be disappointed with the results.

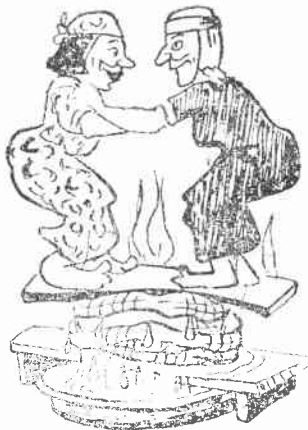
One of the most valuable sweetening agents to be found in Iraq is date syrup or "dibbis". Iraq produces the greater part of the world's dates and, in former times the syrup was made by boiling the



dates until they formed a pulpy mass which was poured into a basket strainer. Another basket was inverted over this and they were placed between two boards by means of which the juice was expressed. It was then poured onto trays, allowed to evaporate in the sun and the thick syrup which resulted was stored in tins and jars. To-day modern machinery is used in its preparation. The syrup which looks like thick, brown treacle keeps well and is used in savoury as well as sweet dishes.



When heating gelatine, custards or other substances readily destroyed at high temperatures, a double boiler should be used. In its simplest form this is made of two pans one of which is somewhat smaller than the other and is placed



within it. Water is put into the large pan and the substance to be cooked into the smaller. As the water in the outer pan evaporates quickly hot water should be added from time to time. By this means of cooking the temperature in the smaller pan never rises above that of the boiling water surrounding it.

Recipes are also given for certain traditional fare such as Christmas or plum pudding. This is always served for Christmas dinner in Britain and in some other countries. A little brandy is poured over and round the pudding and as the lights of the room are switched off the brandy is lighted and the pudding is carried in decorated with holly and enveloped in bluish flames. Mince pies are

also traditional Christmas fare and it is customary between Christmas and New Year to eat at least twelve of them, one for good luck in every month of the year to come.

402. American Egg Nogg Pie.

- | | |
|---|--|
| A 7 ins. baked short crust pastry shell | 3 tbsp. hot water |
| 2 eggs | 1½ tbsp. rum or ¾ tbsp. rum flavouring |
| 6 tbsp. sugar | ½ tsp. nutmeg |
| ¼ tsp. salt | Whipped cream |
| 1 tsp. gelatine | |

Beat the egg yolks with half of the sugar and the salt. Add the hot water gradually and cook in a double boiler until of custard consistency, stirring constantly. Soften the gelatine in 2 tbsp. cold water, add to the hot custard and stir until the gelatine has dissolved. Cool. Add the rum and nutmeg.

Beat the egg whites stiff. Spread over a baked pie shell (Recipe 401) and garnish with a thin slice of orange.

403. Apple and Custard Pie.

- Puff pastry
- ½ k. apples
- Butter

Line a deep pie dish with puff pastry covering. Peel and core the apples, cut a little, then put a layer in the dish. Repeat till the dish is full. The butter should be added. Bake in a hot oven with cream or custard.

404. Apple Charlotte.

- Thinly sliced butter
- ½ tin butter
- ¼ k. sour apples
- Have sufficient sugar to cover them. Dip the slices in sugar and fry gently. Cover with a slice of bread. Bake for an hour. If the apples are soft, add more sugar.

Serve with custard.

405. Apple Fritter Pie.

- ½ tin sifted flour
- ¼ tsp. salt
- 1 tbsp. salad oil

Sieve the flour and then the water. Mix thoroughly, and let it stand for a few minutes. Core with a corer. Dip the slices in white, mix into the hot clarified fat. Fry in sugar and serve at once.

Sliced oranges, 1

406. Baba.

- 2 tins flour-water
- 2 tbsp. yeast
- ½ tin milk-water
- 3 eggs
- ½ tsp. salt

Beat the egg whites until stiff and dry, fold in the remainder of the sugar. When the custard mixture begins to thicken fold in the egg white. Fill the baked pie shell (Recipe 146) and chill in the refrigerator. When ready to serve garnish with a thin layer of whipped cream sprinkled with nutmeg.

403. Apple and Golden Syrup Pie.

Puff pastry	Golden syrup
$\frac{1}{2}$ k. apples	Toasted bread crumbs
Butter	Lemon juice

Line a deep pie dish with flaky pastry (Recipe 141) reserving enough for covering. Peel and core the apples and cut in thin slices. Butter the pastry a little, then put a layer of apples, cover with syrup and sprinkle with crumbs. Repeat till the dish is full. If the apples are not tart, a little lemon juice should be added. Cover with pastry and bake till nicely browned. Serve hot with cream or custard.

404. Apple Charlotte.

Thinly sliced bread	$1\frac{1}{2}$ tins seedless raisins
$\frac{1}{2}$ tin butter	1 tin sugar, preferably brown
$\frac{3}{4}$ k. sour apples	Lemon juice

Have sufficient thinly sliced bread to line the fireproof dish and to cover it. Dip the slices into melted butter and line the mould. Pare and core the apples and cut into quarters and fry in melted butter. Add the raisins and sugar and fry gently until soft. Place in the mould (or in individual moulds) cover with a slice of bread and bake in a medium oven for about half an hour. If the apples are not sour a little lemon juice should be added.

Serve with custard or apricot jam sauce.

405. Apple Fritters.

$\frac{1}{2}$ tin sifted flour	$\frac{1}{2}$ tin water (approximately)
$\frac{1}{8}$ tsp. salt	1 white of egg
1 tbsp. salad oil	Frying fat
	2 large apples

Sieve the flour and salt. Make a well in the centre and add the salad oil and then the water, stirring until a rather stiff batter is made. Beat thoroughly, and leave to stand for 1 to $1\frac{1}{2}$ hours. Peel the apples, remove the core with a corer or narrow sharp knife and cut into slices. Beat the egg white, mix into the batter, dip each slice of apple into the batter and fry in hot clarified fat. When nicely browned, remove, drain, sprinkle with castor sugar and serve at once.

Sliced oranges, bananas, pineapple or other fruit may be used.

406. Baba.

2 tins flour-warmed	$\frac{1}{2}$ tin butter
2 tbsp. yeast	$\frac{1}{2}$ tin sugar
$\frac{1}{2}$ tin milk-warmed	2 tbsp. raisins
3 eggs	$\frac{3}{4}$ tin sugar for the syrup
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ - $\frac{3}{4}$ tin rum

Sieve the flour. Make a well in the centre and put in the yeast mixed with the milk. Mix and cover for five minutes. Add the beaten eggs, work with the hands for two or three minutes. Add another 2 tablespoonfuls of milk. Allow to stand for 30 minutes. Add the salt, melted butter and sugar. Work for 5 minutes. Grease a ring mould or individual dishes, half fill and allow to rise in a warm place. When almost to the top bake in a moderate oven for 40 minutes. Remove and put on a wire tray. Make a syrup with the 2/3 tin of sugar and 1/2 tin of water. Boil two or three minutes add the rum and pour over the hot baba after it has been placed on a serving dish.

407. Bavarian Cream.

1 1/2	tblsp. lemon juice	2	large eggs or 3 small
1/2	tsp. lemon rind	1	tsp. granulated gelatine
1/2	tin white wine	1	tblsp. cold water
1/3	tin sugar	1/2	tsp. salt

Mix lemon juice, rind, wine, sugar, salt and yolks of eggs. Stir vigorously over the fire until the mixture thickens. Add the gelatine soaked in water, then pour the whole mixture over stiffly beaten egg whites. Set in a pan of ice water and beat until thick enough to hold its shape. Turn into a mould lined with langue de chat (Recipe 132), or slices of Swiss roll (Recipe 149) and chill. Orange juice may be used in place of wine and the cream served in orange baskets.

408. Beer Pancakes.

2	tins flour	Salt
2	eggs	Beer, milk or water
2	tblsp. olive oil	Oil for frying

Mix the flour with the eggs, add the oil, salt and sufficient beer, milk or water to make a smooth batter which falls and rolls like a ribbon. Grease a frying pan with a very little oil, put 2 spoons of batter in the pan and quickly tilt the pan to spread it all over. Turn when lightly browned, fold and powder with sugar. Can be served alone or filled with jam. These may also be served with salt round a roast.

409. Bombay Toast.

4	slices European bread	6	tblsp. butter
8	tblsp. milk	6	tblsp. treacle or date syrup

Soak the bread in milk for about an hour but it must not be too wet. Heat the butter and treacle in a frying pan. Brown the slices of bread on both side, pour over the remaining sauce from the pan and serve very hot.

410. Caramel Custard.

6	tblsp. sugar	2	cardamoms crushed, cognac,
2	tins milk		nutmeg or vanilla
4-5	eggs	1/2	tsp. salt

Melt 2 tablespoonfuls of the sugar in a pan and with this melted sugar coat the bottom or the bottom and sides of a mould. Beat the eggs, heat the

milk, add the sugar and eggs. Stir well and pour the dish containing the mixture in a tray of water in

411. Castle Pudding.

Sponge cakes
Jam

Make small sponges, add a little jam and coat the top and crown with whipped cream for individual cakes.

412. Chestnut Macaroni.

1 k. chestnuts
Salt
1 1/2 tins sugar

With a sharp knife cut them into cold water to remove skins to come off.

Put the skinned chestnuts in a pan with sugar and water and boil in cold water. Mix the syrup with the chestnut paste. Have ready the chestnut ricer into a tidy position. Do not spoil if moved. Serve

This pudding is very good with a little liqueur may be used.

413. Chocolate Meringue.

4 eggs whites
1 tin granulated sugar
1/2 tsp. salt

Place a bowl containing the meringue on the stove. Beat till thick. Put in a baking tin. Form the meringue in a slow oven for at least 1 hour.

When cold arrange the meringue or cocoa fudge between the almonds cut in strips.

When meringue is ready, "Bedh al Laq Laq" or

milk, add the sugar and salt, and then add a little of the milk to the beaten eggs. Stir well and pour back into the milk. Add the flavouring and pour into the dish containing the caramel. Cook in a double boiler over a low fire or in a tray of water in the oven. When set cool and turn out.

411. Castle Pudding.

Sponge cakes
Jam

Desiccated cocoanut
Whipped cream

Make small sponge cakes (Recipe 149) in aluminium tumblers. Melt a little jam and coat the sides and small ends of the cakes. Roll in the cocoanut and crown with whipped cream. Without the cream these may be served as individual cakes.

412. Chestnut Macaroni.

1 k. chestnuts
Salt
1½ tins sugar

½ tin water
Vanilla

With a sharp knife make a slit in the outer skin of every chestnut, put them into cold water, bring to the boil and cook just long enough for both skins to come off.

Put the skinned chestnuts into boiling water to which a little salt has been added and cook until tender and no water remains. Make a syrup of the sugar and water and cook until a soft ball forms when a little is tested in cold water. Mix the syrup and chestnuts and vanilla to taste, and mash to a paste. Have ready the serving dish, force the chestnut paste through a potato ricer into a tidy position on the dish and do not touch it thereafter as it is spoiled if moved. Serve with cream which must be handed in a separate dish.

This pudding is very good if mounded on top of a thin sponge cake. A little liqueur may be added to the syrup.

413. Chocolate Meringue Pudding.

4 eggs whites
1 tin granulated sugar
½ tsp. salt

1 tin chocolate sauce or cocoa
fudge
1 tin whipped cream
Almonds

Place a bowl containing egg whites, sugar and salt over boiling water on the stove. Beat till the whites are stiff—about 15 minutes. Grease and flour a baking tin. Form the meringues into rings, leaving a hole in the centre. Bake in a slow oven for at least an hour, or until dry.

When cold arrange in layers in a serving bowl pouring chocolate sauce, or cocoa fudge between the layers. Decorate with whipped cream and roasted almonds cut in strips.

When meringues are served individually as cakes they are known as "Bedh al Laq Laq" or stork's eggs.

414. Chocolate Praliné Soufflé.

- | | | | |
|---------------|-------------------------|---------------|----------------------------------|
| 6 | tblsp. grated chocolate | $\frac{1}{2}$ | tin French almond rock |
| $\frac{1}{3}$ | tin milk | $\frac{1}{2}$ | tsp. vanilla essence |
| 3 | small eggs | 2 | tsp. gelatine crystals |
| $\frac{1}{2}$ | tin castor sugar | $\frac{1}{4}$ | tin water or wine (Port is good) |
| $\frac{1}{8}$ | tsp. salt | $\frac{2}{3}$ | tin cream |

Dissolve the chocolate in the milk. Whisk the yolks, sugar and dissolved chocolate over boiling water till thick and light coloured. Remove from the boiling water and whisk until cool. Add as follows: the almond rock, well pounded, vanilla, and gelatine dissolved in water or wine; when almost set add whipped cream and finally egg whites. Pour into a serving dish and leave to set

415. Christmas Pudding (Date: 1714).

- | | | | |
|-----|--|---------------|---|
| 6 | tins finely shredded or grated beef suet | 2 | tins sugar |
| 8-9 | small eggs | 8 | tins soft breadcrumbs, preferably brown |
| 3 | tins prunes stoned and halved | 2 | tsp. mixed spice |
| 4 | tins finely sliced mixed peel | 1 | tsp. grated nutmeg |
| 3 | tins seedless raisins-sultanas | 2 | tsp. salt |
| 2 | tins raisins | 1 | tin new milk or old ale |
| 3 | tins currants | 4 | tblsp. lemon juice |
| 4 | tins sifted flour | $\frac{3}{4}$ | tin brandy |

Prepare the ingredients at least one day before it is proposed to make the puddings. Wash and dry the fruit, stone the raisins and prunes. Slice the mixed peel. The breadcrumbs are most uniform if the bread is grated. Do not pack them into the tin when measuring.

Mix the dry ingredients and moisten with the eggs beaten to a froth and milk or ale, brandy and lemon juice mixed. Allow to stand with a cover on for at least 12 hours in a cool place. Put into buttered basins. Cover with greased paper and a white cloth tied firmly round the rim of the basin. Steam for 8 hours. These puddings will keep for months. Before serving steam for another 2 hours. Makes 3 puddings of 3 lbs. each.

Serve with sauce made by beating together 4 tablespoonfuls of good butter with 4 tablespoonfuls of fine sugar, and slowly adding 6 to 8 tablespoonfuls of whisky or sherry or rum.

416. Coddled Apples or Pears.

- | | | | |
|---------------|-----------------|---------------|-----------|
| 6 | pears of apples | 6 | cloves |
| 2 | tins water | $\frac{1}{2}$ | tin cream |
| $\frac{1}{2}$ | tin sugar | | |

Make a syrup with the sugar and water. Prick the washed, unpared fruit with a fork and add with the cloves to the syrup. Simmer till tender. Remove to a serving dish. Cook the syrup till very thick. Pour around and over the fruit. Garnish with whipped cream.

417. Coupe Dame Blanche.

- | | | |
|---------|-----------|---------------|
| Almonds | ice cream | Strawberries |
| Tinned | peaches | Whipped cream |

Put a mound
arrange fresh or s
ed whipped cream

418. Coupe d'Orange.

- Orange ice cre
2 large orange

Have ready
remove the white
some liqueur for
and cover with th

419. Coupe Jacq.

- 2 tins fresh fru
Sugar

Cut the fruit
brandy and leave
put a little ice cre

420. Fruit Fool.

- 2 tins fruit pur
 $\frac{1}{2}$ tin sugar

Stew the fruit
two tins of purée.
acidity of the fruit
cream and half cu
of whipped cream

421. Fruit Salad.

- $\frac{1}{2}$ tin sugar
 $1\frac{1}{4}$ tins water

Boil the sugar
with fresh fruit in
liqueur should be

422. Fruit Soufflé.

- 1 tin fruit purée
 $\frac{1}{2}$ tin fruit juice
3 egg yolks
 $\frac{1}{2}$ tin sugar

Strain the stew
1 tin of purée and
the acidity of the
cooked. Allow to c
and fruit purée. F
Lastly fold in the s

Put a mound of ice cream in an individual dish, cover with half a peach, arrange fresh or stewed strawberries round about and decorate with sweetened whipped cream.

418. Coupe d'Oranges.

Orange ice cream	Sugar
2 large oranges	Liqueur

Have ready some orange ice cream. Separate the liths of orange and remove the white fibre. Sprinkle them with sugar and allow them to soak in some liqueur for half an hour. Arrange the ice cream on 4 individual plates and cover with the liths and any juice. Chill in the refrigerator.

419. Coupe Jacques.

2 tins fresh fruit	Brandy or cherry brandy
Sugar	Ice cream

Cut the fruit into small pieces and sprinkle with sugar. Pour over some brandy and leave for half an hour. Arrange the fruit in individual glass dishes, put a little ice cream on top, decorate and chill in the refrigerator.

420. Fruit Fool.

2 tins fruit purée	$\frac{1}{2}$ tin cream
$\frac{1}{2}$ tin sugar	

Stew the fruit in a very little water, rub through a fine sieve and measure two tins of purée. Stir in the sugar, adding more or less according to the acidity of the fruit. Half whip the cream and mix in lightly. If wanted half cream and half custard may be used. Fill into glasses and put a teaspoonful of whipped cream on the top of each.

421. Fruit Salad Syrup.

$\frac{1}{2}$ tin sugar	Cointreau or other liqueur
$1\frac{1}{4}$ tins water	

Boil the sugar and water; skim, strain and cool. Add the liqueur and use with fresh fruit in the preparation of a fruit salad. If canned fruit is used the liqueur should be added to the syrup of the fruit.

422. Fruit Soufflé (Cold).

1 tin fruit purée	1 tin cream
$\frac{1}{2}$ tin fruit juice	2 tsp. gelatine
3 egg yolks	$\frac{1}{4}$ tin white wine or sherry
$\frac{1}{2}$ tin sugar	4 egg whites

Strain the stewed fruit, pass enough of the fruit through a sieve to make 1 tin of purée and measure the juice. Beat the yolks, sugar (this will vary with the acidity of the fruit) and fruit juice over boiling water until thick and cooked. Allow to cool. When cold, and not before, mix in the whipped cream and fruit purée. Have the gelatine dissolved in the wine and stir in quickly. Lastly fold in the stiffly beaten egg whites, pour into a serving dish and allow

to set. Decorate with whipped cream, or as desired.

423. Fruit Tartlets.

Short crust pastry

Fresh or canned fruit
Whipped cream

Make some short crust pastry (Recipe 146) and cut it into rounds slightly larger than the individual dishes used for baking it. Turn the tart mould up-side down, grease the bottom and cover with the pastry. Pick lightly with a fork. If pastry shells are baked in this way there is no trouble about them rising untidily in the centre. These shells keep well in an air tight tin and may be used in an emergency.

When cold, fill with fresh or canned fruit and cover with whipped cream. If a gelatine filling is wanted, add half a teaspoonful of gelatine to half a tin of juice and leave till it is beginning to set. Arrange the fruit in the shells and surround with the jelly. Garnish with whipped cream when set.

The pastry shells may be filled with jam or lemon cheese and served for afternoon tea.

424. Galette à la Trieste.

2 tins sifted flour	1½ tbsp. grated orange rind
4 tbsp. butter	1 tsp. grated lemon rind
2 yolks of egg	¼ tin chopped mixed candied peel
4 tbsp. castor sugar	¼ tin sultanas
½ k. apples	¼ tin currants
2 tbsp. smooth apricot jam	Icing sugar

To make the pastry pile the flour on a baking board, make a hole in the middle and add the yolks of eggs, butter and castor sugar. Work to a paste. Well butter a shallow cake tin and dust out with castor sugar. Line with pastry, cover with a grease proof paper and put some rice on it to keep the pastry flat. Bake in a moderate oven for 25 minutes. Remove the paper and rice but cool before taking out of the tin.

Peel core and slice the apples. Put them into a pan with the jam and grated rind. Cook uncovered over a low fire until soft and rather dry. Add the candied peel, raisins and currant and simmer for another five minutes. Spread on a plate and leave to get quite cold. Fill the pastry case with the apple mixture press down well and turn out onto a dish for serving. Dust the top with icing sugar. If served cold, hand whipped cream, if hot, Mousseline sauce.

425. Golden Date Mousse.

1 tin chopped dates	½ tsp. salt
1 tin orange juice	1 tin cream
5 yolks of eggs	Chopped nuts

Fresh dates, or those stuffed with almonds may be used. Chop finely and mix with the orange juice, yolks and salt. Cook till thick like custard. Remove from the fire and leave till cold. Whip the cream till stiff and add to the cold custard. Decorate with cream or chopped nuts.

426. Halawa.

1 tin sugar
½ tin water

Make a syrup of fat to cool. Melt the fat in a tin and when it is well cooked. Remove the tin from the fire and stirring all the time. If too thin return to the fire. When it is decorated with a few

427. Halawa Tamr.

2 tins dates

Chop the dates, pour over them a little sugar and serve with cream.

428. Jordan Tart.

1 tin sugar
1¼ tins butter
2½ tins ground almonds
3 eggs
½ tsp. salt

Beat well the sugar and cream. Add well beaten eggs and stir to a sponge cake ring and cross with some of the cream. Serve with whipped cream. Eat

429. Lemon Meringue.

1 tin granulated sugar
½ tin flour
4 tsp. cornflour
¼ tsp. salt
1½ tins boiling water

Combine the tin of sugar and the flour. Add the boiling water and stir stirring continuously. Beat the mixture thoroughly and add the cornflour. Cook for another 5 minutes. Add the juice and rind and mix well. Prepare a short crust and pour the latter into the tart. Add 1½ tsp. of sugar. Cover the tart with meringue. Serve cold.

430. Loquum (French)

¼ tin butter
½ tin water

426. Halawa.

1 tin sugar	Rosewater
$\frac{1}{2}$ tin water	1 tin butter
	$1\frac{1}{2}$ tins flour

Make a syrup of the sugar and water and flavour with rosewater. Allow to cool. Melt the fat in a saucepan, add the flour stirring constantly until it is well cooked. Remove from the fire and add the syrup, pouring it in slowly and stirring all the time. The mixture should resemble a thick cake batter. If too thin return to the fire and cook till thicker. Occasionally this sweet is decorated with a few almonds.

427. Halawa Tamr.

2 tins dates	2 tins walnuts
--------------	----------------

Chop the dates, pound the walnuts and mix all together. Cut into pieces and serve with cream.

428. Jordan Tart.

1 tin sugar	$2\frac{1}{2}$ tins sifted flour
$1\frac{1}{4}$ tins butter	2 tsp. baking powder
$2\frac{1}{2}$ tins ground almonds	1 tsp. vanilla essence
3 eggs	$\frac{1}{2}$ tin jam
$\frac{1}{8}$ tsp. salt	

Beat well the sugar, butter and almonds and gradually add to them the well beaten eggs and salt. Mix in slowly the flour and baking powder. Butter a sponge cake ring and nearly fill with the mixture. Cover with jam and criss cross with some of the mixture to decorate. Bake till golden brown. Serve with whipped cream. Eat hot as a pudding. If cold it may be cut as a cake.

429. Lemon Meringue Pie.

1 tin granulated sugar	3 eggs
$\frac{1}{3}$ tin flour	5 tbsp. lemon juice
4 tsp. cornflour	2 tbsp. grated lemon rind
$\frac{1}{4}$ tsp. salt	6 tbsp. sugar
$1\frac{1}{2}$ tins boiling water	

Combine the tin of sugar, flour, cornflour and salt in a double boiler. Add the boiling water stirring constantly. Cook till thick, about 10 minutes, stirring continuously. Beat the egg yolks, add a spoonful of the hot mixture, mix thoroughly and add this to the rest of the sauce in the double boiler. Cook for another 5 minutes. Just before removing from the heat add lemon juice and rind and mix well.

Prepare a short crust pie shell. When both pie shell and mixture are cold pour the latter into the shell. Make a meringue with the egg whites and 6 tbsp. of sugar. Cover the pie with the meringue and brown lightly in the oven. Serve cold.

430. Loquum (French).

$\frac{1}{4}$ tin butter	3 eggs
$\frac{1}{2}$ tin water	Frying butter

tin flour
tsp. salt

Syrup
Rosewater
Lemon juice

Melt the fat in a pan. When sizzling hot add the cold water and when it boils take from the fire and mix in the flour and salt till it is like paste, Break in the eggs one at a time and mix vigorously. Continue until the consistency is that of thick cream. Make the butter smoking hot in a small pan—it must be several inches deep—and drop in spoonfuls of the mixture of any size wanted. A teaspoonful is good size. When golden brown remove from the fat and drop into syrup to which a teaspoonful of lemon juice and a tablespoonful of rosewater have been added. Make the syrup with 1 tin of sugar and $\frac{1}{2}$ tin of water and boil about five minutes. Hot honey may be used instead of syrup.

431. Loqum (Turkish).

$2\frac{2}{3}$ tins sifted flour
 $2\frac{2}{3}$ tins warm water
 $\frac{1}{2}$ tbsp. salt
 $\frac{1}{2}$ tin yeast

$\frac{1}{2}$ tsp. mastik-crushed
Vegetable oil
1 tin sugar
 $\frac{1}{2}$ tin water

Sift the flour. Mix the yeast with the warm water and salt, add the flour and mastik. The dough should be fairly soft. Leave in a warm place. When bubbles begin to appear on the surface beat with the hand until like elastic. Leave to rise again. Make into small balls and drop into smoking hot olive or sesame oil. Cook till nicely browned and when hot drop into a cold syrup made of the tin of sugar and half tin of water.

432. Lowzina.

Short crust pastry
Crushed walnuts
Sugar

Rosewater
Butter
Syrup

Make a short crust paste (Recipe 146). Flatten out small pieces until they are about $1\frac{1}{2}$ inches in diameter. Put in a little filling made of crushed walnuts mixed with sugar and rosewater, fold over, firm the edge and fry in butter. When all are ready pour over them a syrup made of 1 part sugar to $\frac{2}{3}$ water.

433. Memunia.

$1\frac{1}{2}$ tins sugar
4 tins water
 $\frac{1}{4}$ tsp. salt

1 tin butter
1 tin semolina
Cinnamon

Add the sugar to the water and boil for a few minutes. Heat the butter and cook the semolina in it until it becomes very slightly yellow. Pour over it the syrup, remove from the fire mix till smooth and allow it to stand for half an hour. Pour into a serving dish and sprinkle with powdered cinnamon. This dish is often eaten for breakfast with fresh cheese.

434. Mascott.

1 tin butter
 $\frac{1}{2}$ tin fine sugar

$6\frac{1}{2}$ tbsp. grated chocolate
2 tbsp. brandy

4 eggs
 $1\frac{3}{4}$ tins almonds
 $\frac{2}{3}$ tin French alm

Beat the butter yolks. Mix all together French almond melted. Beat the cream them into the mixture chocolate which should be put in. The pudding is best made for people). Serves 12.

435. Milanaise Sou.

2 small eggs
5 tbsp. castor su
3 tbsp. lemon ju
1 tsp. grated lem

Whisk the yolks from fire and whisk the mixture. When beginning to be stiffly beaten wh

Decorate with nuts.

436. Mince Pies.

2 k. sour apples
8 tins shredded s
6 tins seedless ra
6 tins currants
6 tins granulated
1 tin shredded m
3 tbsp. lemon ju

Peel and core the peel. Put all the into a large glass, or When wanted r

the mincemeat, cover been moistened with the mincemeat, so t egg & bake in a ho served immediately. If to be served later later and then sprin pastry of mince pies with suet, it should the pie.

437. Mock Baba.

2 eggs

- | | |
|---------------------------------------|---------------------------------------|
| 4 eggs | 2 tins cream |
| $1\frac{3}{4}$ tins almonds | $\frac{1}{4}$ k. thin, light biscuits |
| $\frac{2}{3}$ tin French almonds rock | $\frac{3}{4}$ tin grated chocolate |

Beat the butter for at least half an hour. Beat the sugar and the egg yolks. Mix all together. Add the almonds, fried and minced finely, the pounded French almond rock (Recipe 158) and the $6\frac{1}{2}$ tablespoonfuls of chocolate, melted. Beat the cream, whip the egg whites with $\frac{1}{4}$ teaspoonful of salt, fold them into the mixture and add the brandy. Coat a mould with the $\frac{3}{4}$ tin of chocolate which should be melted, line with biscuits and fill with the mixture. To unmould, put into hot water for a few moments, then turn out. This pudding is best made the day before it is wanted. (It is too rich for many people). Serves 12.

435. Milanaise Soufflé.

- | | |
|--------------------------|------------------------------|
| 2 small eggs | $\frac{3}{4}$ tin cream |
| 5 tbsp. castor sugar | $\frac{1}{2}$ tbsp. gelatine |
| 3 tbsp. lemon juice | $\frac{1}{4}$ tin water |
| 1 tsp. grated lemon rind | Chopped pistachio nuts |

Whisk the yolks, sugar, rind and juice over hot water till thick. Remove from fire and whisk till cool. Melt the gelatine in the water and add to the egg mixture. When beginning to thicken add $\frac{2}{3}$ of the whipped cream and finally the stiffly beaten whites of eggs. Pour into a serving dish and leave to set.

Decorate with the remaining whipped cream and the chopped pistachio nuts.

436. Mince Pies.

- | | |
|---------------------------|---|
| 2 k. sour apples | 2 tsp. grated lemon rind |
| 8 tins shredded suet | 5 tbsp. orange juice |
| 6 tins seedless raisins | 4 tsp. grated orange rind |
| 6 tins currants | 1 tsp. mixed spice |
| 6 tins granulated sugar | $\frac{1}{8}$ tsp. salt |
| 1 tin shredded mixed peel | $1\frac{1}{2}$ tins brandy |
| 3 tbsp. lemon juice | $\frac{1}{2}$ tsp. almond essence if wanted |

Peel and core the apples. Wash and dry the raisins and currants. Shred the peel. Put all through the mincer. Add the remaining ingredients. Put into a large glass, or porcelain jar, and stir thoroughly every day for a week.

When wanted make small pastry shells using short crust pastry, fill with the mincemeat, cover with a round of pastry the under edges of which have been moistened with water. Press the cover firmly against the pastry holding the mincemeat, so that they stick firmly. Brush the top with beaten yolk of egg & bake in a hot oven for about 7 minutes till nicely browned. If to be served immediately sprinkle with powdered sugar and arrange on a hot dish. If to be served later, do not make too brown at the first baking, but reheat later and then sprinkle with sugar and serve very hot. To be really good the pastry of mince pies should always be made with butter or margarine, never with suet, it should be very thin and there should be plenty of mincemeat in the pie.

437. Mock Baba.

- | | |
|--------|-------------------------|
| 2 eggs | $\frac{1}{8}$ tsp. salt |
|--------|-------------------------|

$\frac{1}{2}$ tin fine dry sifted bread-crumbs $\frac{1}{2}$ tin granulated sugar

$\frac{1}{4}$ tin fine sugar 2 tsp. brandy or rum

Beat the egg yolks, and sugar, add the breadcrumbs and salt and fold in the stiffly beaten egg whites. Bake in individual dishes or in one large dish. Make a syrup of the granulated sugar and $\frac{1}{2}$ tin of water. Boil three minutes and add the brandy or rum when cool. Pour over the hot Baba.

438. Mousse au Chocolate Basque.

2 tins grated sweetened chocolate 5 eggs

$\frac{1}{4}$ - $\frac{1}{2}$ tin cold water $\frac{1}{4}$ tsp. salt

1 tsp. oil or butter 1 tbsp. rum

Put the chocolate into a pan with the water and oil. Stir over the fire until smooth. Cool and add the rum. Beat in the egg yolks, add the stiffly beaten egg whites and beat for five or six minutes. Pour into small moulds and leave to set in a cold place for at least 6 hours. Better made the day before.

439. Muhalibia.

2 $\frac{1}{2}$ tins milk $\frac{1}{2}$ tsp. salt

$\frac{3}{8}$ tin rice 1-2 tbsp. rosewater or orange blossom water

4-6 tbsp. sugar

Wash and drain the rice and pound until fine in a mortar. Put the milk in a pan and add the ground rice slowly, stirring all the time. Add the salt and sugar; cook till soft. Flavour with rosewater or orange blossom water.

440. Omelette au Chocolat.

1 tablet of chocolate (125 grms.) 4 eggs

2 tbsp. water $\frac{1}{8}$ tsp. salt

Melt the chocolate in the water in a saucepan. Remove from the fire and add 4 beaten yolks of eggs, and the salt. Whip the egg whites stiffly and fold into the mixture. Mix with a metal spoon. Grease a frying pan and when hot pour in the mixture. When cooked fold over on itself, turn out onto a heated serving dish and coat with a hot chocolate sauce, which should be somewhat fluid.

441. Orange Soufflé (Uncooked).

3 small eggs $\frac{1}{2}$ tin water

$\frac{1}{2}$ tin sugar (castor) Jam

3 tbsp. lemon juice 1 tin whipped cream

$\frac{1}{4}$ tin orange juice 2 $\frac{1}{2}$ tsp. gelatine crystals

Separate the yolks from the whites of the eggs. Beat thoroughly the yolks and sugar and the strained orange and lemon juice. Melt the gelatine in the water over gentle heat or, preferably, in a double boiler. When cool, strain into the egg mixture. When thick, and almost set, mix in the stiffly-beaten whites of egg. A layer of jam may be put in the bottom of a glass dish and the mixture poured on top. The jam is not necessary. When set decorate with whipped cream.

442. Pain Perdu.

4 slices European

Milk

Beaten eggs

Cut $\frac{1}{2}$ inch thick milk to which some wet Coat with egg with cinnamon.

443. Paradise Pudding.

$\frac{3}{4}$ tin coarsely chopped

6 tbsp. sugar

$\frac{3}{8}$ tin currants or raisins

2 tins soft bread-crumbs

2 eggs

Mix all the ingredients in a greased mould, cover

444. Pomelo Pudding.

1 Shaddock or Pomelo (Hindi or Sindi)

$\frac{1}{2}$ tin finely chopped nuts

Cut the pomelo into small pieces, remove the skin. Remove stones and seeds. Cut through a coarse sieve and pile into a dish with the chopped nuts. Two or three drops of wine may be added if desired.

445. Prune or Date Pudding.

1 tin thick prune

5 egg whites

$\frac{1}{8}$ tsp. salt

$\frac{1}{4}$ tsp. lemon juice

$\frac{1}{2}$ tin sugar

Whip the prune juice. Fold in the sugar and salt. Proof dish in the oven in a pan of hot water.

Dates may be used instead of prunes. Sugar is greatly reduced.

446. Queen's Bread.

1 tin bread-crumbs

2 tins milk

442. Pain Perdu.

4 slices European bread	Castor sugar
Milk	Butter
Beaten eggs	Cinnamon

Cut $\frac{1}{2}$ inch thick slices of bread and remove the crusts. Dip the bread into milk to which some sugar has been added but do not allow it to become too wet. Coat with egg and fry in clarified butter. Drain, dip in syrup and serve with cinnamon.

443. Paradise Pudding.

$\frac{3}{4}$ tin coarsely chopped apples	Grated rind of 1 lemon
6 tbsp. sugar	$\frac{1}{8}$ tsp. salt
$\frac{3}{4}$ tin currants or seedless raisins	Nutmug to taste
2 tins soft breadcrumbs	2 tbsp. brandy
2 eggs	

Mix all the ingredients together—the brandy is optional—put into a greased mould, cover with grease proof paper and steam for 2 hours.

444. Pomelo Pudding.

1 Shaddock or pomelo (numi Hindi or Sindi)	2 tbsp. almonds
$\frac{1}{2}$ tin finely chopped walnuts	3 tbsp. sugar
	Whipped cream

Cut the pomelo in half scoop out the contents without damaging the skin. Remove stones and fibrous material and shred finely. Mix with the sugar and nuts. The nuts should be so finely chopped that they will pass through a coarse sieve. Add two or three spoonfuls of whipped cream, mix lightly and pile into the skins. Garnish generously with whipped cream and chopped nuts. Two or three finely chopped dates and some sherry or other wine may be added if wanted.

445. Prune or Date Whip.

1 tin thick prune pulp	$\frac{1}{2}$ tin finely chopped or minced nutmeats
5 egg whites	1 tsp. grated lemon rind
$\frac{1}{8}$ tsp. salt	$\frac{1}{4}$ tin sherry
$\frac{1}{4}$ tsp. lemon juice	
$\frac{1}{2}$ tin sugar	

Whip the prune pulp till foamy. Whip egg whites and salt and add lemon juice. Fold in the sugar, nuts and lemon rind or sherry. Bake in a 9 ins. fire proof dish in the oven for about an hour or till firm. The dish should stand in a pan of hot water. This pudding is best served hot with cream or custard.

Dates may be used instead of prunes, in which case the quantity of sugar is greatly reduced.

446. Queen's Bread Pudding.

1 tin bread crumbs	1 tsp. grated lemon rind
2 tins milk	2 tbsp. castor sugar

1½ tbsp. butter
 ⅛ tsp. salt

Boil the milk and pour over the crumbs. Add the sugar, butter, lemon and salt. When cooked a little, add the beaten yolks of egg. Pour into a greased pie dish and bake until set—about 15 minutes. Spread a thick layer of jam over the surface and cover with stiffly whisked whites of eggs. Dredge with castor sugar and return to the oven and bake until the meringue hardens and is lightly browned.

447. Refrigerator Ice Cream.

1 tin milk
 ½ tin sugar
 1 tbsp. flour
 ¼ tsp. salt
 2 egg yolks beaten

2 eggs
 Apricot or raspberry jam
 1 tsp. granulated gelatine
 2 tbsp. cold water
 1½ tins thick cream
 2 tsp. vanilla or other flavouring

Heat the milk in a double boiler and add the sugar, flour and salt which should first be mixed together. Cook for 10 to 15 minutes until there is no further taste of raw flour. Add a little of the mixture to the beaten egg yolks. Return it to the double boiler and cook until the mixture coats the spoon. Add the gelatine soaked in the cold water and stir until dissolved. Chill well and then add the stiffly beaten cream. Add vanilla or other flavouring. Stir every ½ hour while freezing.

To make Chocolate Ice Cream add ½ tin cocoa to the sugar, flour and salt. For Almond Ice Cream, caramelize 4 tbsp. of the sugar and add after the egg yolks. Add 1 tin chopped blanched almonds.

For Fruit Ice Cream add 1 tin chopped fresh or canned fruit and, if necessary, a little, lemon juice, after the custard has been chilled.

448. Rice Pudding with Raisins.

4 tins milk
 4 tbsp. uncooked rice
 ½ tsp. salt

4 tbsp. granulated sugar
 ¼ tsp. nutmeg
 ½ tin seedless raisins

Heat the milk to scalding in a double boiler. Slowly add the other ingredients, stirring constantly. Cook over boiling water for about two hours, stirring occasionally.

449. Shirini (Kurdish).

1-1½ tins sugar
 ½ tin water

½ k. pumpkin
 ½ tin chopped walnuts

Boil the sugar and water till it forms a thick syrup. Wash the pumpkin, peel it, remove the seeds, cut in neat pieces and cook in the syrup until it is very thick and almost all absorbed. Arrange the pumpkin on a plate and decorate with the walnuts and if wanted, a little cinnamon.

The syrup may be made of date syrup or honey but sugar is better. The Turkish method of making this dish is to put layers of sugar between the pumpkin, enough water being obtained from the juice.

This dish is served with generous helpings of clotted cream.

450. Semolina Halva

½ tin melted butter
 1 tin semolina
 A few blanched almonds

Heat the butter, almonds are slightly browned. One tin of syrup must be added and cover the pan with a thin layer of butter, the mixture dripping onto the surface. Bake on a very low fire. When done, turn out on a plate.

451. Soufflé (Hot-Sour)

2 tbsp. butter
 4 tbsp. sifted flour
 ½ tin milk

Make a very thick paste with the flour and adding the butter. When slightly cooled, add the fruit and each time add the fruit. If wanted and also some egg whites, turn into a soufflé dish and bake from 20 to 25 minutes.

This may be covered with a thin layer of butter and baked for 10 minutes. It may be served turned out onto another plate.

452. Stemed Pudding

4 tbsp. butter
 4 tbsp. sugar
 1 egg
 ¼ tsp. salt

Cream the butter, add a little sifted flour. Beat the sugar and egg together, and add the mixture to the fruit. Arrange the mixture onto the fruit and bake for 10 minutes. Turn out the pudding and put on a plate.

A similar pudding may be made with soft fine breadcrumbs added, in which case the fruit may be used as wanted. The pudding may be put in the mixture.

450. Semolina Halva.

$\frac{1}{2}$ tin melted butter	$\frac{1}{2}$ tin sugar
1 tin semolina	$1\frac{1}{4}$ tins water
A few blanched almonds	$\frac{1}{4}$ tsp. salt
	1 tin milk

Heat the butter, add the semolina and almonds and stir until the almonds are slightly browned. Make a syrup with the sugar, water and salt. One tin of syrup must be obtained. Add the syrup to the boiled milk, stir and cover the pan with a piece of cloth to prevent any water of condensation dripping onto the contents. Put the lid on and leave for half an hour on a very low fire. When ready it should look like cooked rice.

451. Soufflé (Hot-Sweet).

2 tbsp. butter	4 tbsp. castor sugar
4 tbsp. sifted flour	$\frac{1}{2}$ tin fruit purée
$\frac{1}{2}$ tin milk	3 yolks and 4 whites of eggs

Make a very thick white sauce, by melting the butter, combining with it the flour and adding the milk. Stir till the mixture leaves the sides of the pan. When slightly cooled add sugar, the egg yolks one by one beating well each time add the fruit purée. Flavouring or lemon juice may also be added if wanted and also some pieces of chopped fruit. Fold in the stiffly beaten egg whites, turn into a greased soufflé dish and bake in a moderate oven from 20 to 25 minutes. Serve immediately with custard or jam sauce.

This may be covered with greased paper and steamed from 40 to 50 minutes. It may be served in the dish in which it is cooked or carefully turned out onto another serving dish and a sauce poured round.

452. Steamed Pudding.

4 tbsp. butter	$\frac{3}{4}$ tin flour
4 tbsp. sugar	1 tsp. baking powder
1 egg	Milk
$\frac{1}{4}$ tsp. salt	Cherries, candied peel, dates or other fruit, for decoration

Cream the butter, salt, and sugar thoroughly. Add the beaten egg and a little sifted flour. Beat well. Add the remaining flour and baking powder, sifted together, and a little milk if necessary. Have ready a greased bowl with some fruit arranged neatly on the bottom. Put a few spoonfuls of the mixture onto the fruit taking care not to disarrange the pieces, turn in the rest of the mixture, cover with a greased paper and steam for $1\frac{1}{4}$ hours. Turn out the pudding and pour round a jam or fruit sauce.

A similar pudding may be made with suet instead of butter but $\frac{1}{2}$ tin of soft fine breadcrumbs should be added. $\frac{1}{2}$ tin of any dried fruit may also be added, in which case reduce the quantity of sugar. Spices and flavourings may be used as wanted, and the bowl may be coated with caramel before putting in the mixture.

453. Summer Pudding.

3 or 4 slices of stale bread	1 tin water
$\frac{1}{2}$ k. fresh fruit	$\frac{1}{2}$ tin sugar

Sufficient bread should be available to line and cover a bowl. The slices should be fairly thin and the crusts removed. Prepare the fruit and stew in a syrup made from the water and sugar. Pour the hot fruit into the bowl lined with bread. Cover with more bread, set aside with a plate and weight on top. When cold turn out and serve with custard or pour round some of the fruit syrup thickened with cornflour.

Red fruit such as raspberries and red currants are most attractive for this pudding. In Baghdad strawberries, blackberries, Cape gooseberries, plums or apricots could be used.

454. Swiss Roll Soufflé.

Swiss roll	Soufflé mixture
	Whipped cream

Cut a Swiss roll (Recipe 149) into neat slices and line a curved bowl with the pieces. Fill with any cold sweet soufflé mixture (Recipe 407, 422) leave to set and when cold turn out onto a serving dish. Whip the cream and where the pieces of Swiss roll meet force on a small cone of whipped cream.

455. Tawuq Kuksi.

2 chickens	Sugar
6 tins milk	$\frac{1}{4}$ tsp. salt
4 tbsp. rice flour	$\frac{1}{2}$ tsp. mastik

Boil the chickens. Remove the white meat of the breasts and soak in cold water which should be changed frequently in order that any smell of chicken is removed. Pull the meat into fine thread like shreds, the finer the better. Put half the milk into a pan add the rice flour, sugar to taste, salt and mastik, which should be crushed. Stir while cooking. Boil the shredded chicken in the other half of the milk and then beat to a paste. Mix both lots of ingredients and beat till absolutely smooth. Serve with cinnamon.

456. Tatli Thraid.

4 slices of European bread	Stewed sour cherries or apricots
Sour cherry or apricot juice	Buffalo cream

Cut the bread into slices about $\frac{1}{2}$ inch thick, remove the crusts and toast lightly. Pour over sufficient sour juice just to moisten the bread, but not to wet it excessively. Onto each slice put the fruit stewed in a very thick syrup so that it is almost like jam. Put into a pan and cook till the syrup is absorbed. Serve cold with clotted buffalo cream.

This dish is always served at weddings.

457. Zarda.

$\frac{3}{4}$ tin Patna rice
3 tins water
$\frac{1}{8}$ tsp. salt
5 tbsp. sugar

Clean the rice until it is long and cook all until rosewater overnight individual or large

A modification

Cook half the with saffron soaked cover with the rice

457. Zarda.

$\frac{3}{4}$ tin Patna rice	$2\frac{1}{4}$ tbsp. arrowroot
3 tins water	$\frac{1}{2}$ tsp. saffron
$\frac{1}{8}$ tsp. salt	1 tbsp. rosewater
5 tbsp. sugar	Pistachio nuts

Clean the rice, bring the water to the boil, add the salt and cook the rice until it is long. Avoid burning. When ready add the sugar and arrowroot and cook all until as thick as paste. Have ready the saffron soaked in the rosewater overnight and add them. Boil another 15 minutes. Serve in individual or large dishes. Decorate with pistachio nuts.

A modification of this as served in Christian houses is as follows:

Cook half the rice in $\frac{3}{4}$ tin of water and $\frac{3}{4}$ tin of date syrup. Flavour with saffron soaked in rosewater. Put the latter in a layer in a serving dish, cover with the rice cooked in milk and serve when cold.

